ST. JOSEPH'S CATHOLIC PRIMARY SCHOOL BUNDABERG
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Newsletter Term Four Week 5 **4 November 2026**

Principal's Pen – Monica White

Helping Children Build Emotional Regulation

One of the most important life skills children can develop is the ability to understand and manage their emotions. In a recent article, parenting expert **Dr Justin Coulson** explains that emotional regulation is not a new concept or passing trend. Rather, it is a well-researched skill that plays a vital role in children's wellbeing, relationships, learning, and overall success.

Emotional regulation is the ability to manage emotions in ways that are appropriate for the situation and aligned with our goals and values. This includes both positive emotions, such as excitement and joy, and more challenging emotions, such as frustration, disappointment, jealousy, or anger.

Children are not born with the ability to regulate their emotions. According to Dr Coulson, these skills develop gradually throughout childhood, with most children becoming increasingly capable of regulating their emotions by around nine or ten years of age. Like any skill, emotional regulation improves with guidance, practice, and support from caring adults.

A key step in helping children regulate emotions is teaching them to identify and name their feelings. When children can recognise and describe what they are experiencing, they are better equipped to understand and manage those emotions. Building an emotional vocabulary helps children make sense of their internal experiences and respond more effectively.

Adults also play a critical role in this process. Children learn a great deal by watching how trusted adults respond to challenges. By modelling calm responses, naming emotions, and using healthy coping strategies such as deep breathing, taking a break, or practising mindfulness, we teach children valuable skills they can use themselves. Modelling and teaching regulation strategies are foundational practices at St Joseph's.

Dr Coulson reminds us that emotions are much like waves. They rise, peak, and eventually pass. Rather than trying to avoid difficult feelings, children benefit from learning that all emotions are normal and temporary. Our role is to help them recognise those emotions, sit with them safely, and learn constructive ways to respond.

An important message for children is that feelings provide information, but they are not always facts. Helping children pause, reflect, and think before reacting supports better decision-making and stronger relationships.

When children become overwhelmed, parents and carers can support them through co-regulation. A calm, caring adult can help a child feel safe, understood, and capable of working through difficult emotions. Sometimes the most helpful response is simply being present, listening without judgement, and offering support before moving into problem-solving.

As a school community, we know that social and emotional learning is just as important as academic growth. Together, by modelling healthy emotional habits and supporting children through life's ups and downs, we can help our young people develop the resilience and emotional skills they need to thrive.

Source: Adapted from an article by Dr Justin Coulson, parenting expert, author, and founder of Happy Families.

Regulated or Dysregulated: Dealing with Feeling – Happy Families

Monica White

From the APRE – Laura Campbell

Greetings to our Families

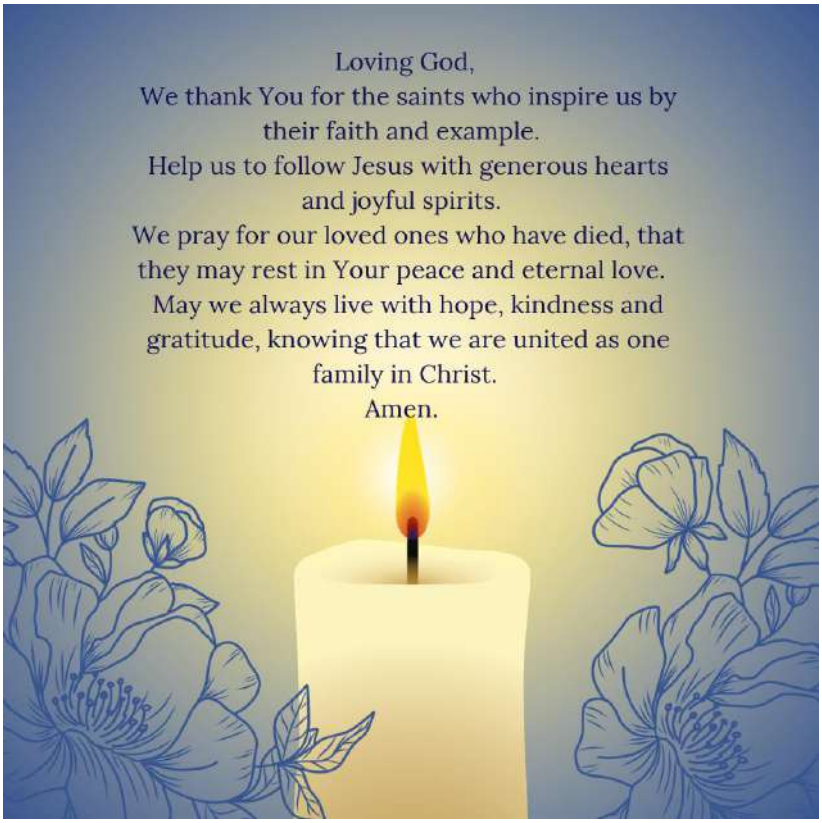
All Saints' Day and All Souls' Day

The beginning of November brings two joyful and hope-filled celebrations in the life of our Catholic Church. These special days remind us that we are part of a faith community that stretches across generations, united by God's love.

On 1 November, we celebrate All Saints' Day, giving thanks for the saints who have shown us how to live with faith, courage and compassion. We remember not only the well-known saints whose stories inspire us, but also the countless ordinary people whose lives reflected God's goodness in simple and extraordinary ways. Their example encourages us to follow Jesus each day through acts of kindness, service and love.

On 2 November, we celebrate All Souls' Day, a time to remember and pray for our loved ones who have died. It is a day filled with hope as we thank God for the gift of their lives and trust in His promise of eternal life. Through our prayers, we remain connected to those who have gone before us and continue to hold them close in our hearts.

Together, these two beautiful celebrations remind us that we belong to a larger family of faith. They invite us to rejoice in the witness of the saints, cherish the memories of our loved ones, and celebrate the hope, love and joy that we share in Christ. (Brisbane Archdiocese)



Halloween: A Catholic Perspective

As Halloween becomes increasingly popular, it is helpful to understand its Christian roots and how it connects to our Catholic faith. The word *Halloween* comes from *"All Hallows' Eve"*, meaning the evening before the Feast of All Saints on 1 November. Together with All Souls Day on 2 November, these important celebrations remind us that we are united with all people in Christ – both those living on earth and those who have died.

Catholics are encouraged to see Halloween within the broader context of All Saints and All Souls. These celebrations invite us to remember the saints who inspire us, pray for those who have died, and reflect on the hope we have in Christ.

When understood through the lens of faith, Halloween can become an opportunity for learning, reflection, and catechesis rather than simply a secular celebration.

Socktober

catholic mission
Reach out. Give life.

Last week, our school participated in the Socktober fundraiser for Catholic Missions.

Each classroom created a soccer ball using recycled materials (just as children in poorer nations) and selected gaol shooters to match their talents against our goalie.

This year, Zac was the expert to get a goal past during a fun afternoon.

However, we must not forget that the real goal was to help others less fortunate than ourselves. Catholic Social Teaching explains to us that giving preferential treatment to the poor is a way to be the real presence of God in the world.

Thank you to everyone who donated. Our school raised $183.00!

Thank You!

Day for Daniel

Last Friday our school walked around a CBD block in support of Day for Daniel. Staff and students wore red to promote the message that child safety is everyone's responsibility.

Championing Child Safety Across Australia, Day for Daniel is Australia's largest national event dedicated to child safety education and awareness. It's a day of action that promotes safer communities and empowers children to Recognise, React, and Report when they feel unsafe.

Why do we wear red?

We ask people to wear red on Day for Daniel in remembrance of Daniel Morcombe. Daniel was wearing a red t-shirt on 7 December 2003 when he found himself in an unsafe situation. Wearing red links Daniel's very real story to the importance of safety education. It provides a message of strength and hope that together we can make the world safer for all children as a legacy to Daniel and his family. (danielmorecombe.com.au)

Have a blessed week,

Laura Campbell

Curriculum Corner – Emma Robinson

Understanding Assessment and Student Learning

Over the past few weeks, and throughout the remainder of the term, your child may come home talking about assessments, testing, quizzes or other learning tasks completed at school. We would like to take this opportunity to explain the important role these activities play in supporting your child's learning journey.

Assessments provide teachers with a valuable snapshot of what students know, understand and can do at a particular point in time. This information helps teachers identify strengths, celebrate progress and determine the next steps in learning. Assessment data also contributes to semester report cards and assists the school in evaluating programs and planning future directions to ensure we are meeting the needs of all learners.

It is important to remember that formal assessments are only one-way teachers gather information about student achievement. Every day, teachers collect evidence of learning through classroom observations, discussions, student participation, classwork, homework, projects and work samples in student books. Learning is assessed continuously, and teachers use a combination of methods to build a comprehensive picture of each child's progress over time.

As parents, there are several simple ways you can support your child's learning during assessment periods:

- Encourage a positive attitude towards learning and challenge.
- Ensure your child gets plenty of sleep and maintains healthy routines.
- Provide a quiet space and time for reading or homework.
- Talk with your child about what they are learning at school.
- Celebrate effort, persistence and improvement rather than focusing solely on results.
- Reassure your child that assessments are opportunities to show what they know and help teachers support their learning.

Have a Happy Wednesday!
~ Emma Robinson
Assistant Principal of Curriculum

Catholic Parish of Bundaberg

Click here for the latest issue of the Catholic Parish of Bundaberg Newsletter

Finance – Sharon Anderson

Confirmation of Enrolment for 2027

We are excited to begin preparations for the 2027 school year! Please complete the Confirmation of Enrolment 2027 form by Wednesday, 25th November 2026

Scan the QR or use link to join

Click here to complete the form

or

Scan the QR code provided.

If you have any questions or need assistance, please contact the school office.

P & F News

PIZZA HUT LUNCH ORDER

FRIDAY 6 November, 2026

Orders now open on

flexischools

Orders close THURSDAY 5/11/26 at Midday

St Joseph's P&F
Term 4 Lunch Order Overview

Week 2 - 16 October - **BRO'S BAKERY**

Week 4 - 30 October - **GP WITT'S FISH & CHIPS**

Week 5 - 6 November - **PIZZA HUT**

Week 7 - 20 November - **SUBWAY**

If you are available to help serve lunch orders (approx. 10:30-11:00am), please contact the School Office

flexischools

2026

Joey Jarjums –

Shout Outs

Callen, Kyro & Kiara	For seeing a need like Mary MacKillop and looking after our school grounds, picking up lunch rubbish that wasn't yours. Thank you for being stewards of our environment.
Zak, Tommy W, Logan	For being great buddy readers with the Year 1 students. You show empathy and care for others when you listen to our little ones.
Thomas M	For the way you are being inclusive when you ensure that Sam is included during partner work in class and the way you are happy to be a kind friend. You show love just like Jesus.
Madison	For the care you took of a classmate who was feeling sick and sad. Your comforting and caring ways remind us of the love of Jesus.
Abigail & Kiara	For being like Mary MacKillop when you show care for others and things around them, especially in the classroom (ALL THE TIME!!!!).
Zahli & Rvardios	For the way you use the gifts of the Holy Spirit when you show curiosity in our Science lessons.
Beth	For being a great Bus Leader - supporting others and ensuring that everyone feels safe. You show care and compassion for others, just like Mary MacKillop.

Student of the Week

Term Four-Week 3

Prep	**Frankie**	For the positive energy you bring to our Prep class everyday! You naturally look for ways to include others and lend a helping hand. You put 100% effort into every learning activity and always try your best. Thank you for making our classroom such a happy place Frankie.
Year 1	**Penelope**	For the wonderful effort that you have been putting into your spelling. Well done
	Harlow	For your incredible effort in your reading assessment this week. You are an amazing reader!
Year 2	**Corbin**	For your perseverance, give it a go attitude and effort during writing tasks. Well done and keep up the good work
	Nate	For the way you always have thoughtful ideas to share with the class during class discussions. Well done.
Year 3	**Ezra**	For your hard work during maths rotations this week and for sharing great responses during class discussions this week. Keep it up, Ezra!
	Phoenix	For making an effort to improve her attitude towards learning/behaviour and beautiful poetic writing during literacy lessons. Well done, Phoenix!
Year 4	**Anakin, Kane & Lachy**	For an excellent effort in addition-based problem solving. Awesome effort!
Year 5	**Maryanne**	For putting in an excellent effort in all learning areas.
Year 6	**Henley**	For being a positive team leader during our Social Justice unit. She worked hard to research Indigenous activism and showed a growing understanding of fairness, respect, and helping others. Henley supported her group, shared her ideas, and encouraged others to learn. Congratulations, Henley, on your excellent leadership and commitment to social justice.

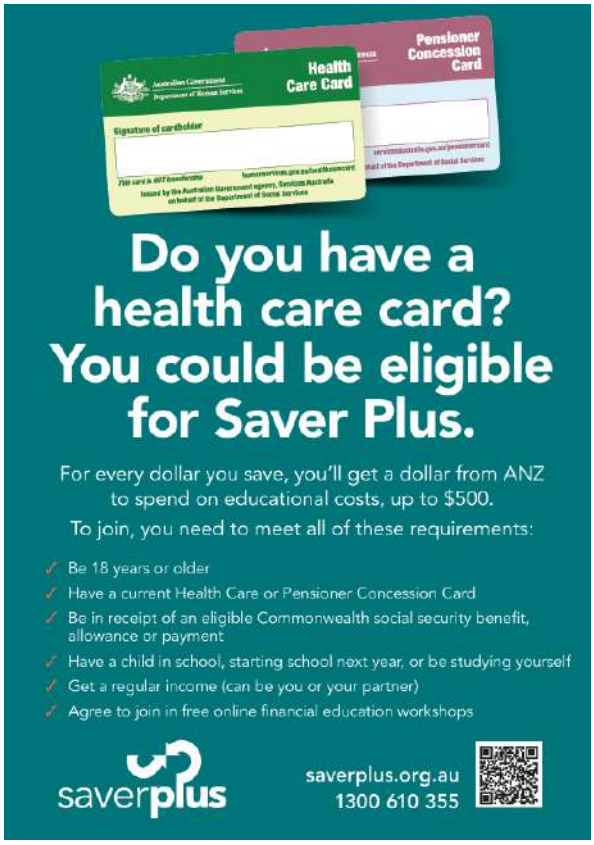
Term Four-Week 4

Prep	**Chrisan**	For your amazing effort with reading this week. You are reading a huge bank of sight words, blending sounds effortlessly and reading with wonderful expression. Keep up the great reading!
Year 1	**Maria & Scarlett**	For your wonderful results in your reading assessment. Your reading fluency and comprehension is amazing. Well done!
Year 2	**Emersyn**	For showing perseverance and never giving up when completing tasks. Well done!
Year 3	**Seraphim**	for your consistent effort and confidence in your own learning abilities. Well done, Seri!
	Lacey	for consistently showing persistence and aiming high in all learning tasks. Keep it up, Lacey!
Year 4	**Leo**	For always choosing the right place, the right task at the right time! Excellent behaviour at all times.
Year 5	**Oscar**	Showing increased confidence in his work, resulting in excellent academic achievement.
Year 6	**Logan**	For being more confident in group work by delegating and managing the roles and expectations of group members. Well done, Logan.

Term 4 Planner

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
1	**5th Oct**	**6th Oct**	**7th Oct**	**8th Oct**	**9th Oct**	**10/11 Oct**
	King's Birthday Holiday	Term 4 Starts				
2	**12th Oct**	**13th Oct**	**14th Oct**	**15th Oct**	**16th Oct**	**17/18 Oct**
	Board Meeting	Mathematics Parents Night	Prep 2027 Information Night		Year 6 Assembly Interschool Sport (Yrs 4-6)	
3	**19th Oct**	**20th Oct**	**21st Oct**	**22nd Oct**	**23rd Oct**	**24/25 Oct**
	Prep 2027 Transition morning				Year 5 Assembly Interschool Sport (Yrs 4-6)	
4	**26th Oct**	**27th Oct**	**28th Oct**	**29th Oct**	**30th Oct**	**31 O/1st Nov**
	Prep 2027 Transition morning Mon Repo Excursion (Yrs 4 & 5)		DFV Meeting	Principal Meeting	Year 1 Assembly WTD Day for Daniel Socktober Shootout Interschool Sport (Yrs 4-6)	
5	**2nd Nov**	**3rd Nov**	**4th Nov**	**5th Nov**	**6th Nov**	**7/8 Nov**
		Melbourne Cup Day			Year 3 Assembly Interschool Sport (Yrs 4-6)	
6	**9th Nov**	**10th Nov**	**11th Nov**	**12th Nov**	**13th Nov**	**14/15 Nov**
	Board Meeting		Remembrance Day		Year 4 Assembly Interschool Sport (Yrs 4-6) Chess Tournament NAIDOC on the Grass	
7	**16th Nov**	**17th Nov**	**18th Nov**	**19th Nov**	**20th Nov**	**21/22 Nov**
					Prep Assembly	
8	**23rd Nov**	**24th Nov**	**25th Nov**	**26th Nov**	**27th Nov**	**28/29 Nov**
				RACQ Road Safety Yr 5 excursion	Year 2 Assembly RACQ Road Safety	
9	**30th Nov**	**1st Dec**	**2nd Dec**	**3rd Dec**	**4th Dec**	**5/6 Dec**
	Christmas Concert		Year 6 Graduation		Term 4 Ends	

Out and About


Health Care Card
Pensioner Concession Card
Do you have a health care card? You could be eligible for Saver Plus.
For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to $500.
To join, you need to meet all of these requirements:
Be 18 years or older
Have a current Health Care or Pensioner Concession Card
Be in receipt of an eligible Commonwealth social security benefit, allowance or payment
Have a child in school, starting school next year, or be studying yourself
Get a regular income (can be you or your partner)
Agree to join in free online financial education workshops
saverplus
saverplus.org.au
1300 610 355

PRIMARY SCHOOL KIDS EVENT!
PCYC QUEENSLAND
Blue Light
COSTUMES WELCOME! PRIZES FOR BEST DRESSED!
BLUE LIGHT DISCO
DANCE, GAMES, PRIZES AND SPOOKY FUN!
POLICE
POLICE
SATURDAY
NOVEMBER 7
5PM - 7PM
BUNDABERG PCYC
1 CIVIC AVENUE, BUNDABERG
A SAFE, FUN AND SUPERVISED EVENT

Mary Kinross
junior parkrun
Register today!
Free, fun, friendly, weekly, community 2k event.
Organised by volunteers of all ages for children 4 to 14.
Come together Sunday mornings to walk, jog, run and volunteer.
1st Event: 8th November 2026
Time: 8 AM
Location: Mary Kinross Memorial Park
Woongarra Scenic Drive, Bargara Queensland
Regional Australia's first junior parkrun!

headspace Bundaberg
Art Showcase 2026
Here, I Belong
Open to young people aged 12–25
Your art, on the walls of the School of Arts Gallery this November. Submit a drawing, painting, photograph, sculpture, digital or mixed media artwork. All experience levels welcome.
About the theme, Here, I Belong
Belonging looks different for everyone. For some it's a place: a bedroom, a backyard, a stretch of coastline. For others it's a person, a culture, a song, a language, a memory. Sometimes it's something we're still searching for.
This year's theme invites you to explore what belonging means to you. Not what it's supposed to look like, but what it actually feels like.
Show us where you belong.
Prizes
Awarded in each age group: 12–15 and 16–25
Judge's Choice
Chosen by a panel with arts industry experience
People's Choice:
Voted by visitors to the exhibition
Volunteer Choice:
Chosen by our YEC and others who help shape headspace Bundaberg
Entries open now. Submit your artwork at https://tr.ee/rspQbaJRvQ or scan the QR code.
Exhibition at School of Arts Gallery: Nov 25—28.
Opening event Nov 25, details to be released to artists closer to exhibition date.
headspace National Youth Mental Health Foundation is funded by the Australian Government

Catholic School Parents AUSTRALIA

Andrew Fuller

PARENT WEBINAR

Connect, Protect, Respect

Andrew Fuller addresses the tough issues facing parents.

How can we parent peacefully in a landscape where children are confronted by extremism and violence?

Andrew will provide evidence-based approaches to creating trauma-free families and nurturing thriving young people.

Thursday 5th November, 7pm AEDT

This free one hour webinar is proudly presented by Catholic School Parents Australia.

Scan the QR Code to register and receive

Wellways
Carer Gateway

Afternoon Tea with the Vocational Coaching Team

Free Afternoon Tea for carers. Discover support for work, study, volunteering and your future goals.

Join us for a relaxed afternoon tea and learn about Wellways free Vocational Pathways Program. If you support a family member or friend living with disability, mental ill health, a chronic illness, or who is frail aged, this session is for you.
Meet Anne and our local Carer Gateway team, explore support for employment, study and volunteering, ask questions, and connect with other local carers in a welcoming environment.

When and Where:
17th November 2026, 4:00pm to 5:30pm
Wellways Bundaberg Carers Hub
14 Bourbong St
Bundaberg QLD

RSVP and additional info:
Please RSVP by Eventbrite QR code, or email vocational@wellways.org

To find out more about Carer Gateway visit caregateway.gov.au or call **1800 422 737** Monday to Friday, 8am to 5pm. Emergency respite support available 24/7.

Carer Gateway | wellways

AT ST JOSEPH'S CATHOLIC PRIMARY SCHOOL BUNDABERG, WE ACKNOWLEDGE THE TARIBELANG-BUNDA, GOORENG GOORENG, GURANG AND THE BAILI PEOPLE AS THE TRADITIONAL CUSTODIANS OF THE LANDS UPON WHICH WE MEET.

WE PAY OUR RESPECTS TO THE ELDERS OF THE PAST, PRESENT AND EMERGING AND ACKNOWLEDGE THEIR SPIRITUAL CONNECTION TO COUNTRY.

FOR WE TOO, ARE ONE IN LAND, ONE IN SPIRIT, ONE IN FAITH UNITED IN GOD'S LOVE.

KNOW YOUR COUNTRY